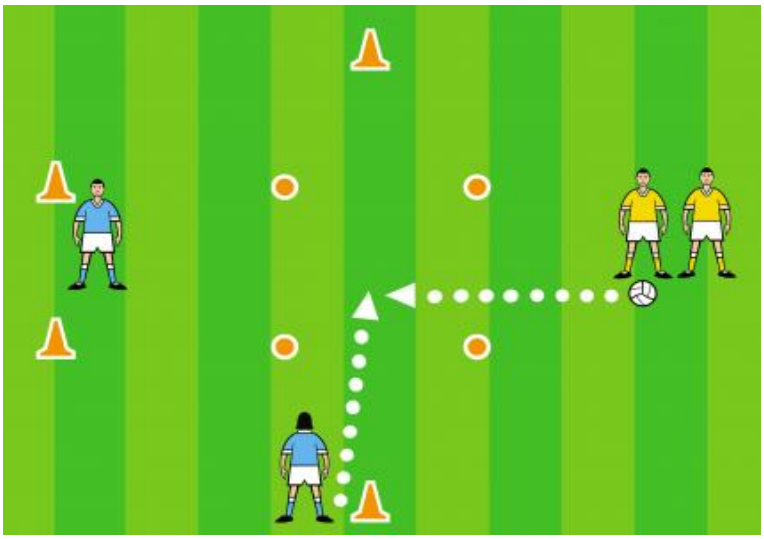
LEVEL 4

BLOCK DOWN – SHOOT & BLOCK

FOOTBALL



EQUIPMENT LIST

- Cones
- Football

This is a game play drill to develop the Block Down which requires the players to block down attacking players as they shoot for a score

Organisation

- Mark out a defensive zone or grid approx 10 to 15m from goal
- An attacking player solos from further out the field to kick for a score from inside the defensive zone
- A defensive player enters the zone from either side, to block the attacking player as they attempt to complete their kick
- The defensive player should alternate coming from the right or the left of the attacking player

STEP Variation

Task – Both the attacker and defender begin on the 13m line to one side of the goal; rounding a central cone the attacking player shoots as the defending player attempts to block

Notes